

**ABSTRACT**

A method for providing and updating customized health care based, at least in part, on the genome of an individual is provided, wherein the genome is extracted from a biological sample of the individual. The method comprises the following steps:

5 sequencing the genome into its DNA sequence; interpreting the DNA sequence to identify medical conditions or diseases associated with the genome; archiving the conditions or diseases in a storage device; informing the individual of the conditions or diseases for which he or she has genetically tested positive; tracking health and medical information related to the conditions or diseases; and providing this information to the

10 individual. Preferably, this method is implemented electronically. A server receives certain data items, e.g., the individual's DNA sequence, associated conditions or diseases and related health and medical information, and archives at least one of these data items. The server periodically tracks this information over the Internet, and electronically provides to the individual the conditions or diseases for which he or she has genetically

15 tested positive, as well as information related to these conditions or diseases.